



LIFELINK

NEWSLETTER

Page 1

Suicide Prevention Month
I Pledge to ACT
News You Can Use

Page 2

LifeLink Spotlight
Resilience Corner

Page 3

Upcoming Webinar
Upcoming Events
News You Can Use

IT'S ABOUT BEING THERE FOR "EVERY SAILOR, EVERY DAY"

By Rear Adm. Rick Snyder, Director, 21st Century Sailor Office

Suicide affects everyone, and suicide prevention is an all hands effort – all of the time. We can make a difference through our everyday actions. In September, we join the global community to highlight suicide prevention.

Last September, we focused on what we can do as *communities* to support and help our shipmates. This year, we'll zero in on what we can do as individuals, on a daily basis, to continue that support.

The 2014 Navy Suicide Prevention Month theme is "*Every Sailor, Every Day*." We are encouraging every member of our Navy team, from shipmates, to leaders, to civilian employees, to family and friends, to set a positive example, reach out and engage with one another. Building resilience and preventing suicide require all of us to actively communicate with each other, and not just when we think someone is in immediate danger. Everyday actions, that foster trust and build meaningful connections, can start or continue conversations so we can more effectively intervene when we see signs of a shipmate in distress. By actively communicating and staying engaged, we may be more likely to notice small signs of distress in our shipmates and intervene early, before a crisis occurs.

I challenge you to be there for *Every Sailor, Every Day*, through meaningful, intentional actions. Take time to ask others how they are doing—and actively listen. As Vice Adm. Nathan, Navy Surgeon General, reminds us, we must especially connect with those who are transitioning from one job to another, experiencing career setbacks or some sort of loss, or going through relationship troubles. Start a dialogue to support each other during stressful times. Share strategies to navigate challenges, including speaking up and seeking help. We are a Navy team, and none of us are ever alone.

Another way you can support "Every Sailor, Every Day" is by Pledging to ACT (Ask, Care, Treat). It's a voluntary commitment to yourself and others, and one of the many ways we can be there for every Sailor, every day, by every Sailor, every day. Visit <https://survey.max.gov/index.php/437524/lang-en> to "Pledge to ACT" today, and urge your shipmates to do the same.

I encourage commands to highlight Suicide Prevention Month in their own way. Talk about bystander intervention, peer support and the many ways each of us can lead by example when it comes to physical and psychological health, showing that it's okay to speak up when you're down.

Resources will be released on www.suicide.navy.mil throughout the month to support your efforts. Each day, we have an opportunity to make a difference—and those opportunities may end up saving lives.



Click the button above to Pledge to ACT. For more ways to be there for "Every Sailor, Every Day," follow us on [Facebook](#).

NEWS YOU CAN USE

Pledge to ACT—It's about being there for Every Sailor, Every Day [NavyNavStress](#)

Navy Suicide Prevention Month PSA [YouTube](#)

Hagel: Suicide Prevention Means Watching Out for Each Other [DoD News](#)

A Message from the Navy Surgeon General: Suicide Prevention [Navy Medicine Live](#)

LIFELINK NEWSLETTER

LIFELINK SPOTLIGHT

Breaking the Silence to Prevent Suicide

When people are having difficulty navigating challenging or traumatic situations, the signs of distress may be subtle and seemingly small. Active and ongoing engagement between peers and leadership are vital to building connections that can ultimately save lives. This month's LifeLink Spotlight features the stories of two Sailors living with non-combat related post-traumatic stress disorder, and the exemplary support they received from their peers and leaders who broke the silence and chose to ACT.

For Chief Petty Officer Tracey Duke Putney, years of emotional torment, sexual abuse, and domestic violence led to invisible wounds that left her with an inability to enjoy simple things like reading or performing basic tasks. Eventually, her behavior began to change at work. That's when a friend—a corpsman—took notice and decided to ACT, helping her realize that she needed help. Not only did her friend remain engaged during her treatment process to offer support and encouragement, but her chain of command was fully committed to ensuring that she got the care she needed. In a related [All Hands Magazine](#) story, she credits their involvement with making the help-seeking process easier on her.

For Petty Officer 1st Class Jeffrey Ballge, the Sept. 11 attacks on the Pentagon brought an enduring set of challenges to overcome. As a survivor (he'd left to run an errand that morning before the plane hit), he struggled with guilt and the pain of losing more than 40 friends and coworkers. Years later, when Ballge no longer had to work on weekends, the experience caught up with him during his downtime and the quality of his work began to suffer. Thankfully, his chain of command noticed the signs and asked him directly and persistently if he was considering suicide. Their encouragement to seek help and consistent support finally led him to seek treatment. Now, he's urging fellow shipmates who are enduring PTSD or other emotional stress in silence to speak up as well.

Simple ACTs of kindness, and the courage to speak up, make a difference. It's about being there for *Every Sailor, Every Day*.

RESILIENCE CORNER

Navy Chaplains, Partners in Suicide Intervention Through ASIST

A sense of community is an essential component of a healthy life and personal fulfillment. Cohesion, belonging and support from others are protective factors during times of crisis.

Suicide prevention starts with small words of encouragement; a pat on the back, a "good job" or "Bravo Zulu," a "how are you doing?" or even a smile. It is amazing how many people suffer emotionally because they feel so much stress in a relationship (work, home, friends, etc.) or perceive that they are alone and there is no hope.

The suicide awareness, prevention, and intervention program in Navy Region Japan is a means to bring hope to those who feel that there is no hope. Responding to external interest, the Religious Ministry Team of Chaplains and Religious Program Specialists (RMT) began to deliver ASIST (Applied Suicide Intervention Skills Training) throughout the region. ASIST is a unique crisis intervention training that teaches how to provide "suicide first aid" in a caring and competent way to those having thoughts of suicide, who are at immediate risk.

So far in 2014, we have delivered 12 ASIST workshops with four remaining workshops scheduled to close out the year. We have a coordinator to oversee the program and a pool of 14 ASIST trainers.

In an effort to help increase competency in personnel working with higher risk populations for suicidal thoughts, additional ASIST workshops are offered to specific departments/commands as needed, such as corpsmen and hospital staff and an upcoming workshop for Transient Personnel Unit (TPU) staff. The ASIST coordinator keeps in close contact with trainers during and after each workshop for debriefing and coaching. All of this contributes to a strong, professional team that has delivered high quality workshops to hundreds of Sailors and family members.

To learn more about [ASIST](#), contact your chaplain.

Blessings,

Chaplain Yi, Command Chaplain, Navy Region Japan

Chaplain Yi spearheads the expansion of ASIST trainings across Navy Region Japan.

Click the image to view Rear Adm. Margaret Kibben, Chief of Chaplains, Public Service Announcement for Suicide Prevention Month.



LIFELINK NEWSLETTER

UPCOMING EVENTS

National Suicide Prevention Week

September 8-14

World Suicide Prevention Day

September 10

Suicide Prevention Month (DoD)

September

SPC Basic Training Webinar

Sept. 24

[Register Here!](#)

UPCOMING WEBINAR TO RECOGNIZE MENTAL HEALTH AND SUICIDE PREVENTION MONTH OBSERVANCE

“Connecting the Dots: New and Updated Resources for Tailored Suicide Prevention Efforts”

Recognizing and understanding the factors that place Sailors and Marines at risk for suicide and communicating with one another to connect the dots and take action play important roles in suicide prevention and intervention efforts, from the deckplate to leadership levels. The Department of the Navy recognizes September as Suicide Prevention Month, and in 2014, the Navy theme for this observance is “Every Sailor, Every Day.” This month serves as a launch pad to promote suicide prevention resources, continuous engagement in suicide prevention efforts, and overall psychological and emotional well-being throughout the year.



In observance of Mental Health and Suicide Prevention Month, Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department will co-host a webinar with Navy Suicide Prevention Branch (OPNAV N171). Learn more from our psychological health experts about the public health approach to suicide prevention. OPNAV N171 will discuss strategies for enhancing your command's suicide prevention program as well as evidence-based suicide prevention tools.

Participate in the upcoming webinar on September 15, 2014 from 1200-1300 ET. To view the webinar on the day of the event, click on or copy and paste the following link: <https://connect.dco.dod.mil/r5gqvevou2a/>.

The webinar is intended for command suicide prevention coordinators, transient personnel unit staff, chaplains, first responders, primary care and behavioral health providers, and Navy and Marine Corps health professionals and health educators who can share their resources with the Sailors, Marines, and beneficiaries they support. The webinar is designated for Certified Health Education Specialists (CHES) to receive up to 1 Category 1 CECH.

Contact Navy Suicide Prevention

[Email Us](#) | [Website](#)

Follow Operational Stress
Control Online...



MORE NEWS YOU CAN USE

September Marked as Suicide Prevention Month
[WEAR ABC 3](#)

A Sailor, A Shipmate, A Leader [All Hands Magazine](#)

September 2014 Family Connection Newsletter [CNIC](#)

Families and Suicide [Navy Medicine Live](#)

Military OneSource—More than a Wounded Warrior and Caregiver Safety Net [Warrior Care Blog](#)

SAMHSA Launches Podcast for Suicide Prevention Week
[SPRC](#)

Communicate, Don't Triangulate [HPRC Online](#)

Chaplains Available to Assist Sailors, Families
[All Hands Update](#)

Navy Updates Bystander Intervention Training [All Hands Update](#)